



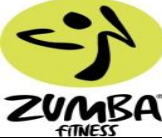




















# Fort Myer Fitness Center Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Class Descriptions
0530		<b>SPINNING</b> 	in raquetball court 1 	<b>SPINNING</b> 		<b>Boot Camp:</b> Drills and thrills- prepare to work! Class features body conditioning with cardio drills, abdominal work and stretching.
0600				2nd floor aerobic room 		<b>Zumba®:</b> fuses hypnotic Latin rhythms and easy-to-follow moves to create <b>Exercise in Disguise</b> . <b>FUN!</b> You don't even have to know how to dance. <b>Profuse sweating guaranteed!</b>
0900		2nd floor aerobic room 				<b>Kripalu Yoga (\$10.00):</b> Yoga asanas with breathing, centering, meditation, and body alignment to increase flexibility and strength.
0930		in raquetball court 5		in raquetball court 5		<b>Senior Stretch:</b> An invigorating, half hour stretch class for lengthening of the muscles to ease tension and build flexibility.
1000		in raquetball court 5		in raquetball court 5		<b>Senior Strength:</b> A variety of strength training exercises and equipment to increase function and movement to improve quality of life with activities of daily living.
1200		<b>SPINNING</b> 	in raquetball court 1 	<b>SPINNING</b> 		<b>Spinning:</b> Cycling class geared for all levels. Blast away those calories with high energy spinning drills, interval training, and strength rides. Bring a towel and water bottle.
1630			held at community center 			<b>Zumba®:</b> fuses hypnotic Latin rhythms and easy-to-follow moves to create <b>Exercise in Disguise</b> . <b>FUN!</b> You don't even have to know how to dance. <b>Profuse sweating guaranteed!</b>
1800			held at community center 			 POC: Sylvia Garcia, Fitness Coordinator 703-696-7868, <a href="mailto:sylvia.l.garcia@us.army.mil">sylvia.l.garcia@us.army.mil</a>